

Scrumptious Veggie Noodles with Sun-dried Tomato Sauce and Chicken

Makes: 9 Servings

"I first made this recipe with my great aunt Maria. My favorite part was pounding out the chicken, because it was fun and it made the chicken tender and juicy," says Josie. "My baby brother likes the carrot noodles best. I decided to use veggies for the noodles so the meal would be healthier. I would serve this meal with a glass of low-fat milk and a spinach salad to complete my plate."

Ingredients

For the Sauce:

- 1 tablespoon** olive oil
- 5** garlic cloves, peeled and minced
- 1/4 cup** finely chopped fresh basil
- 1 teaspoon** dried oregano
- 1 3/4 pounds** large chopped heirloom tomatoes and cherry tomatoes
- 1 cup** low-sodium chicken broth
- 1/2 cup** sun-dried tomatoes
- 1/2 teaspoon** salt
- 1/2 teaspoon** pepper

For the Chicken:

- 4** skinless, boneless chicken breasts
- 1/2 cup** brown rice flour or whole-wheat flour
- Salt and pepper to taste
- 2 tablespoons** olive oil

For the Noodles:

- 3** carrots, peeled
- 4** zucchini, ends cut off
- 3** summer squash, ends cut off
- Salt and pepper to taste
- 1 tablespoon** olive oil



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	465	
Total Fat	18 g	28%
Protein	39 g	
Carbohydrates	39 g	13%
Dietary Fiber	7 g	28%
Saturated Fat	3 g	14%
Sodium	447 mg	19%

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Vegetables	2 1/4 cups
Grains	1 1/2 ounces

Directions

1. **To make the Sauce:** In a medium sauté pan heat the olive oil over medium heat. Add the garlic, basil, and oregano and sauté for about 3 minutes, or until fragrant. Add 1 pound of the chopped tomatoes and the broth and bring to a boil. Reduce the heat to a simmer, add the sun-dried tomatoes, salt, and pepper and cook about 20 minutes. About 10 minutes before serving, add the remaining tomatoes and cook until softened.
2. **To make the Chicken:** One at a time, lay the chicken breasts between wax paper and pound out to ¼-inch thickness. On a plate, combine the brown rice flour, salt, and pepper. Lightly dredge the chicken in the flour mixture. In a nonstick sauté pan, heat the olive oil over medium heat. Add the chicken and sauté, flipping, until cooked through and light brown.
3. **To make the Noodles:** Using a mandoline fitted with the appropriate blade attachment, slice the veggies into long thin strips. Season with salt and pepper. In a large nonstick pan, heat the olive oil over medium heat. Add the carrots and sauté for about 4 minutes, or until they start to soften. Add the remaining veggies and sauté 4 minutes more, or until they are all al dente.
4. **To make the Bread:** Preheat the oven to 350°F. In a small bowl, combine the olive oil, garlic, oregano, basil, salt, and pepper. Place the bread slices on a large baking sheet and brush lightly with the olive oil mixture. Toast in the oven for 15 minutes, or until golden.
5. **To serve:** Create a bed of noodles on each plate, top with chicken, and drizzle with sauce. Serve with the garlic bread.

The 2015 Healthy Lunchtime Challenge Cookbook